

by Anna Hobbs

LEAVING TALES



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POLARPAM

IF YOUR TEEN WON'T EAT Meat

Here are nutrition facts
you should know

Although vegetarianism and semi-vegetarianism (cutting out red meat) were once seen as slightly eccentric, they're now becoming more popular, according to Statistics Canada. And to the chagrin of some parents, their teenagers are choosing a no-meat lifestyle.

Vegetarianism contrasts strongly with the usual teen diet of hamburgers, French fries, milkshakes, and soft drinks. But some teenagers — most of them girls — opt for a vegetarian diet, whether they're making a personal statement about their love of animals, are concerned about nutrition and weight gain, are "going through a stage" or are embracing Eastern philosophies and diets. Whatever the reason, if your teen is opting for vegetarianism, there are nutrition facts she should know.

During adolescence, teenagers change dramatically. Not only do they grow rapidly, but they mature physiologically. These changes require special amounts of particular nutrients, which may be hard to get in a vegetarian diet.

The big nutrition problem for women — the need for extra iron because of menstruation — starts with puberty and continues until menopause. Teenage boys also require more iron during adolescence, just for growth. Meats (especially liver) and eggs are the best food sources of iron. Prune juice is a good source of iron, too. Many plant foods such as bread, beans (white, red and lima), almonds, cashews and pumpkin and sunflower seeds contain some iron but it's not as easily absorbed as that in meat or eggs. This can be partly overcome by eating at the same time a food that contains vitamin C, such as orange juice, any citrus fruit or green pepper, in order to increase absorption of the iron.

An adolescent's most obvious nutritional needs are for energy and protein. You can obtain energy from any type of food, but protein may not be as easy to get. A semi-vegetarian diet, generally defined as one that includes fish, poultry, eggs and milk, will supply plenty of good-quality protein. But if all of these foods are eliminated as they

are in a pure vegetarian, or vegan diet, special planning is needed to meet the adolescent's protein needs.

All the protein in a vegan diet must come from plant foods. Plant proteins are classed as low-quality proteins, which means that the proportions of amino acids that make up the protein are not exactly what the body needs for optimal growth. The one exception is soy protein, which is complete or high-quality protein — tofu is a good source of this. But all other plant foods can supply adequate protein only when they're used in combination: for example, peanut butter with bread or beans with rice. A good vegetarian cookbook, such as the *Vegetarian Meal-Planning Guide — A New World of Eating* by Dr. Elizabeth Smith (Hyperion Press, \$5.95) will help your teenager in selecting dishes with complete protein.

Calcium is an essential nutrient for growth during the teen years. Without enough calcium, bones will not grow to full size or may be weak. Milk is the major source of calcium for most Canadians. But if your teenager is following a vegan diet and not drinking milk, other sources of calcium must be found to meet the recommended intake of 800 to 1,000 milligrams a day. A serving of dark green vegetables, legumes, 1/2 cup (125 mL) of almonds and sesame seeds each contain 100 to 150 milligrams of calcium. However, the calcium in these foods is not as well absorbed as is the calcium in milk.

The best replacement for regular

milk in a strict vegetarian diet is fortified soy milk, which contains both calcium and vitamin D. Unfortunately, it is not available in many parts of the country and it doesn't suit everyone's taste. As a last alternative, calcium supplements (calcium carbonate, calcium gluconate or calcium lactate) are available at the drugstore.

Vitamin D is another nutrient that's essential for bone growth in the teen years. The major sources of vitamin D are sunlight and fortified milk and milk products. Other sources are fortified soy milks and margarines. Getting enough sunshine is no problem at this time of year, but during the winter months, a teenager following a strict vegan diet should be sure to get some sun.

With all these precautions and possible nutrition problems, should a teenager be encouraged to follow a vegetarian diet? Yes, provided it's not extreme. Few teens have the information, time or ambition to plan a nutritionally adequate vegan diet. However, a semi-vegetarian diet (excluding red meat) or a lacto-ovo vegetarian diet (including milk and eggs) can be sensible ways of eating.

Such diets supply dietary fibre and the nutrients — vitamins A and C — likely to be low in the typical teen diet. Vegetarian diets also tend to have less salt and fat, which should be decreased in diets of both teens and adults. Because of the low amount of fat, vegetarian diets tend to contain fewer calories, a fact that's very appealing to weight-conscious teenage girls. ●



OF THE ARCTIC

Inuit craftswomen create rich tapestries of their heritage

The rim of the Arctic Circle is perhaps a surprising place to shop for a handwoven work of art. But in the Arctic, one quickly learns to expect the unexpected. And the Baffin Island hamlet of Pangnirtung, situated on a small but spectacular fiord, boasts a thriving weaving workshop that produces distinctive and uniquely Canadian tapestries. *Continued on page 108*

From the sunny workroom of the Pangnirtung Weave Shop, the craftswomen have a spectacular view of the fiord. Inset: Beneath the skilled fingers of Towkee Etoangat, Inuit figures begin to take shape on a tapestry.



Canadian Living
June 1984

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Weaving is not traditional in the North. But Inuit women have always been agile with their hands, originally using animal sinews to sew skins into clothing and, more recently, sewing and embroidering thick duffle parkas.

"The work of the Pangnirtung weavers represents a remarkable adaptation of traditional skills to modern times," says Deborah Hickman, former manager of the workshop. "Traditionally, the printmakers in Pangnirtung were men. Although there are more female

printmakers now, working with fabrics is still considered 'women's work.' But both skills belong in the realm of art."

The Pangnirtung Weave Shop began in 1969 as a program sponsored by the federal government to generate employment in the community of 950. Today, with a staff of 17, it is the hamlet's largest employer of women. Each year, they produce limited-edition tapestries that are sold in art galleries across North America, as well as functional items such as

scarves, blankets, belts and jackets, which are sold in some galleries and craft boutiques. The weavers are paid on a piecework basis; it's easy for a skilled worker to earn \$250 a week.

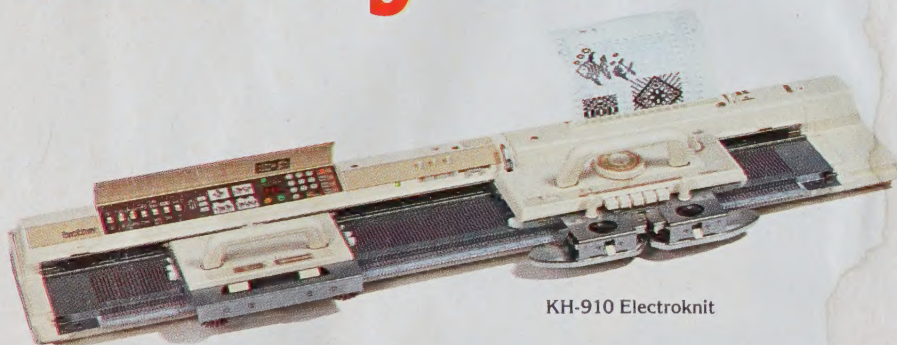
When Ontario craftsman Donald Stuart went to Pangnirtung 15 years ago to set up the workshop, the Inuit had never seen a loom and had no idea what could be done with it. "I began teaching three young women to make sashes and belts," he recalls. "From this they went on to scarves, ties, rugs and parka braids. Their speed and dexterity were astonishing. Within a month they'd learned as much as I hoped they would learn in six."

Two years later the weavers started to create tapestries, using a traditional Aubusson weave. In this exacting and time-consuming technique, the weaver uses a beater to completely cover a cotton warp (the lengthwise threads) with a woollen weft (the crosswise yarns). The resulting smooth finish is well suited to the figurative artwork of the Inuit.

Each November, local printmakers hold a show of their work,

Continued on page 111

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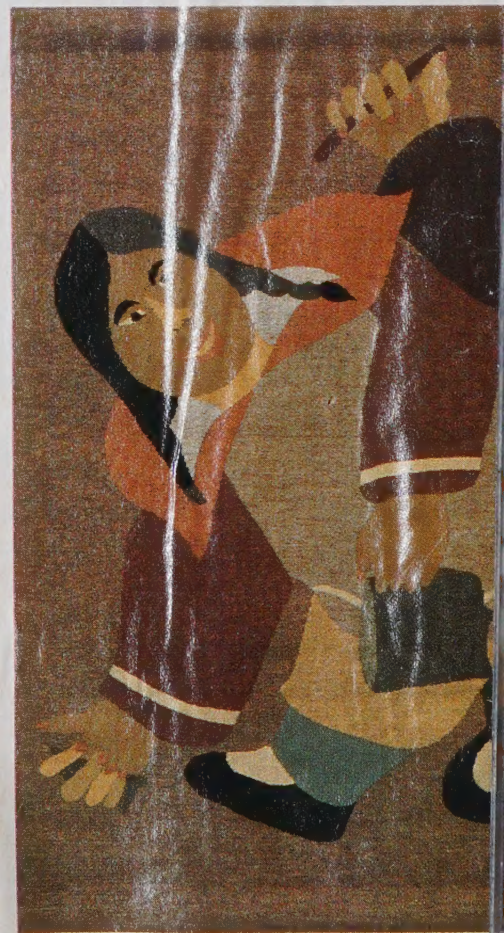
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F THE ARCTIC



At her large floor loom, Agah Etoangat turns printed images into beautiful tapestries. "Going Fishing" (left) is typical, showing the warmth and fun of everyday life.

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WEAVING TALES



Weavers put the finishing touches on tapestries by sewing in the ends by hand.

and from these images, the weavers
and their manager choose about 15
to translate into tapestries. Their
criteria for selection are the
strength of the design, a liveliness
and originality. Scenes of everyday
work and play, expressed through
human, animal or mythical char-
acters, dominate the tapestries.

In the past few years, many
drawings chosen have been by
Malaya Akulukjuk, whose mem-
ories of the old way of life bring a
dynamic appeal to her art. Through

an interpreter, Malaya explains
that the record of her birth was
burned when her family moved, but
she's quite sure she is 70 years old.

Malaya was born at Qikitat
Camp on Baffin Island and married
at about age 20, much against her
will. She felt she had no need of a
husband because she could hunt
well enough to provide her own
food. Since her husband insisted on
the marriage, the least he could do,
she reasoned, was let her hunt with

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WEAVING TALES OF THE ARCTIC

him. So she continued to hunt, sometimes while she was pregnant and carrying a baby in her hood as well. Malaya had 15 children, 13 of whom lived. About 20 years ago, when the family's sled dogs died, they moved to Pangnirtung to avoid starvation.

Malaya has always enjoyed drawing. Most of her images, she says, are from stories she has heard since she was a child. When she can't quite remember a story, she does the next best thing — relies on her imagination.

The production of a tapestry begins with a slide of the original drawing being projected onto the workshop wall, then traced onto brown paper. This paper "cartoon" is placed beneath the taut cotton warp of a floor loom and sketched onto the threads with a soft lead pencil, ensuring that the woven design is an exact replica of the artist's drawing. The weft is always a smooth yarn, as a textured surface would compete with the strength and clear delineation of the artwork. So meticulously are

the tapestries woven that it's hard to tell back from front as they come off the loom.

The workshop is a bright, sunny building with a magnificent view of Pangnirtung Fiord and the surrounding mountains. As soon as you enter, you say to yourself, "This is a happy place to work." The large studio contains eight floor looms of various sizes. Other smaller rooms are used for yarn storage, warping, drying blankets and office space. One room doubles as the finishing area for tapestries and a congregating area at teatime, when there's always a game of cards or Chinese checkers in progress.

"The Inuit have a marvelous sense of humor," says Deborah Hickman. "They love clowning around, and even if you can't understand all the words, you can appreciate the gesticulations." Nothing is taken too seriously. Each woman enjoys poking fun at herself and the others, as well as at the thousand-odd southerners who visit each year with an unending stream of questions and requests for photographs.

One of the weavers visitors are likely to meet is Meeka Akpalialuk, who speaks little English but is happy to chat with people who come to see her work. Meeka was born in 1949 at Ishualuk Camp on Baffin Island and moved to Pangnirtung when she was 17. She started to weave in 1970. Like all beginners at the shop, she spent her first two years learning production weaving techniques and making scarves, blankets and sashes. Now she's one of the seven craftswomen who work exclusively on tapestries.

A few years ago, Meeka "went out" (local patois for travelling south) to Toronto to attend a show of the Pangnirtung weavers' work. Laughing, she says she had never seen so many people and cars. The people, she thought, all looked alike, and she was certain the cars would run her over. But she's eager to go again and hopes that on her next trip she can watch her favorite team, the Maple Leafs.

The remarkable success of the Pangnirtung weaving program can be attributed to a handful of talented women like Malaya Akulukjuk and Meeka Akpalialuk. Their ability to adapt to changing times has provided them with meaningful employment — and the rest of us with fine works of art.

Continued on page 114

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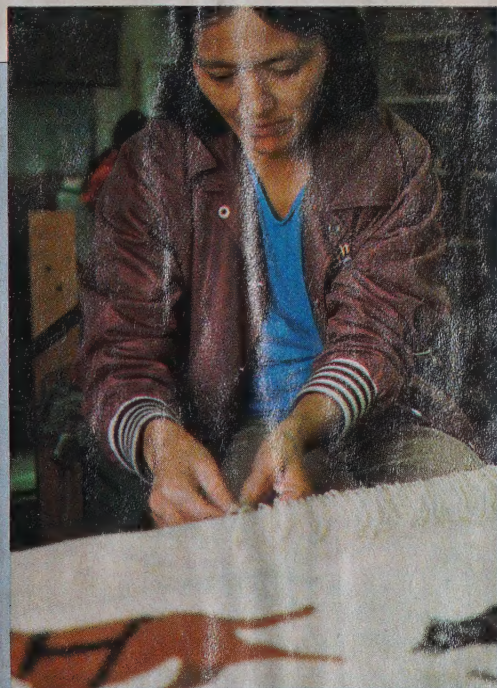
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- The Gallery of the Arctic, Victoria
- The Raven Gallery, Minneapolis
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CANADIAN LIVING STAFF FLEW TO PANGNIRTUNG VIA FIRST AIR AND NORDAIR.



THE ARCTIC



Pangnirtung tapestries often feature Arctic creatures. Left: "Goose in the Grass." Above: Agah Etoangat knots threads to finish her sled-dog tapestry.

"SWITZERLAND OF THE ARCTIC"

Pangnirtung, the Inuktitut word for "the place of many bull caribou," is 2,400 kilometres northeast of Montreal, nestled in a narrow, rocky valley between the jagged cliffs that plunge into Pangnirtung Fiord. The almost complete circle of surrounding mountains gives the community its breathtaking vistas — in fact, it's known as the Switzerland of the Arctic.

"Pang" is the jumping-off point for the close to 2,000 hikers, mountain climbers, nature lovers and photographers who visit Auyuittuq National Park Reserve every year.

Auyuittuq (pronounced Ah-you-ee-tuk) means "the place that never melts." At its heart is the Penny Ice Cap, whose glaciers still shape the land. Auyuittuq was created in 1972 to preserve a unique wilderness of perpetual ice, cliffs towering 900 metres high, deep valleys and spectacular fiords. It is the world's first national park located inside the Arctic Circle.

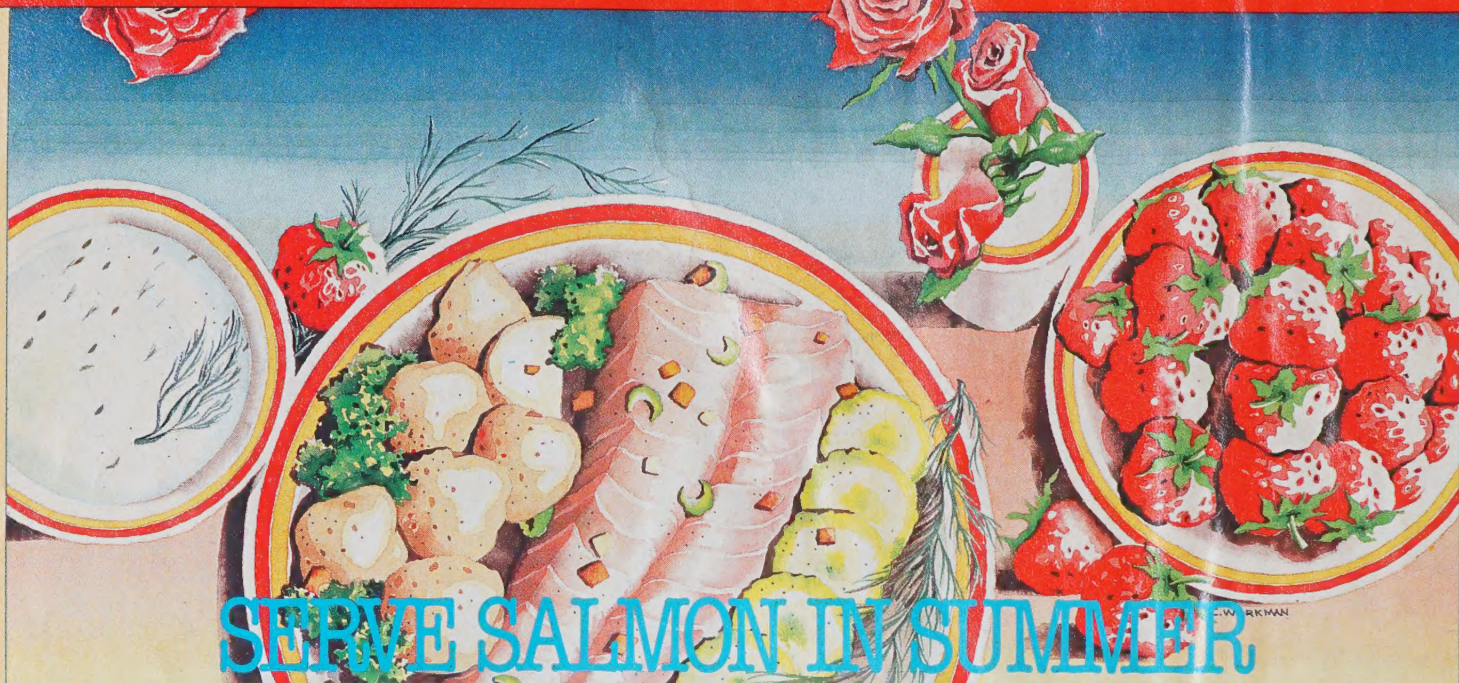
Pangnirtung is accessible via First Air from Frobisher Bay on several scheduled flights each week. Nordair flies from Montreal to Frobisher Bay daily. ●



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SERVE SALMON IN SUMMER

Get together with friends for a delicious summer dinner that permits the cook to spend the evening with the guests. Our early summer menu starts with fresh salmon fillets poached in white wine and served with a tangy dill sauce. (You won't need to fish for compliments!) Accompany this with cucumber slices sautéed in butter and boiled new potatoes. For dessert, what could be better than the first strawberries of the season — solo or with whipped cream or ice cream.

Poached Salmon Fillets with Dill Sauce Sautéed Cucumbers Boiled New Potatoes Strawberries

WORK SCHEDULE

That morning:

- Prepare Dill Sauce, if using, and refrigerate
- Chop onion, carrot and celery for poaching salmon; place together in small bowl, cover and refrigerate
- Wash potatoes

Before mealtime:

- Boil potatoes until tender
- Start salmon; cover and poach
- Cook cucumbers until tender-crisp

POACHED SALMON FILLETS WITH DILL SAUCE

One of the secrets of preparing great fish is not to overcook it. When in doubt, remember the rule: 10 minutes per inch (2.5 cm) thick-

ness. If salmon is too expensive or you can't find it fresh, substitute any other fresh fish fillets. You can also use salmon steaks.

1	1/4 cup	butter	15 mL
	1/4 cup	chopped onion	50 mL
	1/4 cup	chopped carrot	50 mL
	1/4 cup	chopped celery	50 mL
	1 cup	dry white wine	250 mL
		Juice of 1/2 lemon	
3		sprigs fresh parsley	3
		Salt and freshly ground pepper	
4		salmon fillets (each about 6 oz/375 g)	4
		Dill Sauce (optional)	

In large skillet, heat butter; add onion, carrot, celery and cook, stirring until soft, about 3 to 4 minutes. Add wine, lemon juice, parsley, a little salt and a generous grinding of pepper. Bring to boil, reduce heat to low and add salmon, skin side down. Cover and simmer for about 5 to 8 minutes or until fish turns opaque all the way through or flakes with fork. Remove with slotted spoon and serve with Dill Sauce, if desired. Makes 4 servings.

Dill Sauce:

1	cup	sour cream or plain yogurt	250 mL
2	tsp	dried dillweed or 1 tbsp (15 mL) chopped fresh dill	10 mL

In small bowl, mix together ingre-

dients; refrigerate until using. Makes about 1 cup (250 mL).

SAUTÉED CUCUMBERS

Here's an interesting treatment for cucumbers and a perfect complement to salmon.

1		long or 2 medium English cucumbers	1
1	1/2 cup	or more butter	15 mL
		Salt and freshly ground pepper	

Peel cucumbers and cut into thin slices, about 1/8 to 1/4 inch (3 to 6 mm) thick. In skillet, melt butter. Add cucumber slices and cook, uncovered, for about 6 to 8 minutes or until tender-crisp, stirring periodically. Season with salt and pepper to taste. Makes 4 servings.

BOILED NEW POTATOES

Serve the potatoes with the skins on for added nutritive value.

8		small new potatoes (about 1 lb/500 g)	8
1/2	tsp	salt	2 mL
		Butter	
		Salt and freshly ground pepper	

Place unpeeled potatoes in saucepan. Add cold water to cover and 1/2 tsp (2 mL) salt. Bring to boil, cover and continue boiling for 18 to 20 minutes or just until tender; do not overcook. Drain and toss with a little butter and salt and pepper to taste. Makes 4 servings. ●

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